

Health Education Content Standard 5: Decision Making

All students will demonstrate the ability to use decision-making skills to enhance health.

Rationale: Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

Kindergarten Decision Making Competencies

- Describe ways to participate in regularly in active play and enjoyable physical activities.
- Name or show foods that are favorites to eat.
- Talk about a choice between two foods.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
Reading Comprehension <i>Vocabulary and Concept Development</i> 1.17 Identify and sort common words in basic categories (e.g., colors, shapes, foods). 1.18 Describe common objects and events in both general and specific language. Listening and Speaking 1.1 Understand and follow one-and two-step oral directions. 1.2 Share information and ideas, speaking audibly in complete, coherent sentences. 2.1 Describe people, places, things (e.g., size, color, shape), locations, and actions.	1. Concept sorts/sort magazine pictures of foods that are healthy for breakfast, lunch, and dinner. 2. Read All-About nonfiction books about fruits, vegetables, protein, healthy eating. 3. How-to Books: writing/ reading 4. Write recipes for making healthy snacks. 5. Describe the Harvest of the Month: what does is look, feel, taste like?
Possible Math Standards Links	Lesson/Activity Ideas
Algebra and Functions 1.1 Identify, sort, and classify objects by attribute and identify objects that do not belong to a particular group (e.g., all these balls are green, those are red). Statistics, Data Analysis, and Probability 1.0 Students collect information about objects and events in their environment: 1.1 Pose information questions; collect data; and record the results using objects, pictures, and picture graphs.	1. Sorting foods into groups by pyramid, colors, fruits, vegetables. 2. Graph their favorite fruits, vegetables. 3. Drawing or finding pictures of foods they ate at a meal and graphing onto food pyramid. 4. Counting number of foods from each group that students ate. 5. Graph if they liked the Harvest of the Month.